

# Praying with a Bible Passage – the Ignatian Way

## BEFORE YOU START

Choose a **place**  
(... and stay there)

Choose a **time**  
(30 minutes, 45, 60 ...  
and stick to it)

Read the **text**  
(and note the 3 points  
you will pray with)

## 1 MAKE YOURSELF READY

Come into the **presence**  
of the Lord  
(maybe using a short  
personal liturgy  
or Sign of the Cross)

Tell the Lord your desire:  
"ask for a **grace**"

## 2 MEDITATE ON THE TEXT

Imagine the **scene**  
(the place, the people,  
what they say)

Meditate on the text,  
focusing on 3 points

1 ... 2 ... 3

Spend time "when you  
find what you want"

## 3 END WITH A "HEART TO HEART"

(this is sometimes called  
a "colloquy")

Speak to Jesus  
"as a friend speaks to a  
friend"

## 4 CONCLUDE YOUR PRAYER

A little liturgy of farewell  
The Lord's Prayer, or  
other prayer you like

## AFTERWARDS

Note a few points:

How did I **feel** during this prayer time?  
What was easy, what was difficult? What gave me joy,  
what troubled me? What word or passage spoke to me most?